

Computer Classes

Computer Literacy

This class demystifies basic computer concepts including hardware, software and Windows. You will learn basic use of the computer; from turning it on to shutting it down. You will use the Internet, Google, word processing, graphics, spreadsheets, games and more. Discover over 60 different uses for a computer.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55184	10:00am-12:00pm	W	Jan 9-30	4c	\$58/\$68
55185	10:00am-12:00pm	Th	Feb 7-28	4c	\$58/\$68

Computer Shortcuts & Timesavers

Make using your computer easier, speedier and more productive with simple and powerful features that elude most users. Discover the power of the "right click" in the right place, as well as the power of "drag and drop." Create lasting shortcuts and more. Prerequisite: Basic PC experience.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55182	10:00am-12:00pm	Th	Apr 4-11	2c	\$29/\$39

How to Live with Technology: What You Really Need to Know

Lost in digital technology? Learn what you really need to know. Benefit from what you can readily use. Leave out the rest. You may be surprised! Highlights: iPads and tablets, iPhones and smartphones, smart TV's, personal computers, wifi, Bluetooth, etc. Lots of question and answer time will be given.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55199	10:00am-12:00pm	M	Jan 7-28	3c	\$44/\$54
55200	10:00am-12:00pm	W	Apr 3-17	3c	\$44/\$54

Internet Literacy and Security

Learn to use the Internet safely and effectively. Google like a pro! Find anyone and everything. Understand privacy, security and malware. Discover how much personal information about you is readily available on the Internet. Protect yourself and your computer! Learn what you should do in addition to using anti-virus software. Prerequisite: Basic computer skills.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55180	10:00am-12:00pm	W	Feb 6-27	4c	\$58/\$68
55181	10:00am-12:00pm	Th	Mar 7-28	4c	\$58/\$68

Intro to Excel 2007/2010

Unleash the calculating power of your computer! In this hands-on class, you will learn to create, format and print spreadsheets, work with data, formulas, functions, graphs and templates. Class includes demos, projects and ideas for creating your own personalized spreadsheets. Prerequisite: basic computer skills, ability to point, click and drag.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55186	10:00am-12:00pm	Th	Jan 10-31	4c	\$58/\$68
55187	10:00am-12:00pm	M	Mar 4-25	4c	\$58/\$68

Windows: Making the System Work for You

Take control of your computer! Discover all the great features Windows offers to help you! Use the control panel, accessories, My Computer, customization and file management to make your PC work for you. Never again wonder where a file or photo went! Prerequisite: Computer Literacy class or basic PC experience.

Senior Center: Computer Room

Instructor: Harriet Marois

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55188	10:00am-12:00pm	W	Mar 6-27	4c	\$58/\$68
55189	10:00am-12:00pm	M	Apr 1-22	4c	\$58/\$68

Fitness

Chair Yoga ♥

Come join this fun class designed to give you all the benefits of yoga with the support of your chair! You will stretch and strengthen your body, increase your range of motion and core strength and learn to relax and rejuvenate with deep breathing. Soon you'll begin to integrate this ancient healing system into your life. No pretzel poses or getting on the floor. No big meal before class. Drop in \$9.

Senior Center: Dance Studio

Instructor: Cynthia Collier

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55173	3:45-4:45pm	Th	Jan 3-31	5c	\$35/\$45
55174	3:45-4:45pm	Th	Feb 7-28	4c	\$28/\$38
55175	3:45-4:45pm	Th	Mar 7-28	4c	\$28/\$38
55176	3:45-4:45pm	Th	Apr 4-25	4c	\$28/\$38
55177	3:45-4:45pm	Th	May 2-30	5c	\$35/\$45

To see class schedules online,
sign-up online or for more detailed
class descriptions, please visit
www.CarlsbadConnect.org

Activities and classes with ♥ offer a
health and wellness benefit to the participant.



FallProof: Balance and Mobility Training Program ♥

Maintaining balance and mobility is essential to aging successfully. There is a strong association between impaired balance and mobility and being at a higher risk for falling. This elevated risk is addressed by the activity and research-based program, FallProof, which specifically and systematically focuses on improving the multiple dimensions of the balance system of older adults. Please bring medical information to first class. All levels welcome. Drop in \$10.

Senior Center: Dance Studio

Instructor: TBA

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55581	11:00am-12:00pm	M/W	Jan 9-30	6c	\$42/\$52
55582	11:00am-12:00pm	M/W	Feb 4-27	7c	\$49/\$59
55583	11:00am-12:00pm	M/W	Mar 4-27	8c	\$56/\$66
55584	11:00am-12:00pm	M/W	Apr 1-24	8c	\$56/\$66
55588	11:00am-12:00pm	M/W	Apr 29-May 22	8c	\$56/\$66

Gentle Yoga ♥

Come nurture yourself to better health in this gentle, rejuvenating class! Geared for seniors' needs, you'll strengthen muscles, bones and joints, increase flexibility and learn healthy breathing. Your stress will melt, and your spirit will soar! Wear loose clothing. Bring a mat and small blanket. No big meal before class. Drop in \$9. Bring a mat to class.

Senior Center: Dance Studio

Instructor: Cynthia Collier

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55170	3:00-4:00pm	M	Feb 25-April 1	6c	\$42/\$52
55171	3:00-4:00pm	M	April 8-May 13	6c	\$42/\$52
55172	3:00-4:00pm	M	May 20-July 1	6c	\$42/\$52

PiYo (Pilates and Yoga) for Seniors ♥

Join us for yummy yoga, with more for your core, back and belly! Pilates (puh-LAH-teez) was developed by a dancer to improve balance, flexibility, strength, circulation and posture. Reduce stress and rediscover bliss! Please bring a mat and small towel, and wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

Senior Center: Auditorium

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55264	8:45-9:45am	Th	Jan 3-31	5c	\$32/\$42
55265	8:45-9:45am	Th	Feb 7-28	4c	\$25/\$35
55266	8:45-9:45am	Th	Mar 7-28	4c	\$25/\$35
55267	8:45-9:45am	Th	Apr 4-25	4c	\$25/\$35
55268	8:45-9:45am	Th	May 2-30	5c	\$32/\$42

Yoga for Seniors ♥

Intermediate

Create a union of body, mind and spirit as you practice basic postures and breath work. Students work at their own pace, however, this class is not suitable for beginners. Instructor has years of experience in yoga, and seniors in particular! Please bring a mat and small towel, and wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

Senior Center: Auditorium

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55254	3:00-4:15pm	M	Jan 7-28	3c	\$19/\$29
55255	3:00-4:15pm	M	Feb 4-25	3c	\$19/\$29
55256	3:00-4:15pm	M	Mar 4-25	4c	\$25/\$35
55257	3:00-4:15pm	M	Apr 1-29	5c	\$32/\$42
55258	3:00-4:15pm	M	May 6-20	3c	\$32/\$42

Level III: Intermediate/Advanced

Slightly faster paced and more advanced poses than Intermediate Yoga. Students work at their own pace, however, this class is not suitable for beginners. Yoga is considered by many to be effective in promoting strength, agility, flexibility and balance. Please bring a mat and small towel. Wear clothing that allows movement. Little to no food suggested within two hours of practice. Drop in \$8.

Senior Center: Auditorium

Instructor: Tia Lanzetta

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55259	10:00-11:15am	Th	Jan 3-31	5c	\$32/\$42
55260	10:00-11:15am	Th	Feb 7-28	4c	\$25/\$35
55261	10:00-11:15am	Th	Mar 7-28	4c	\$25/\$35
55262	10:00-11:15am	Th	Apr 4-25	4c	\$25/\$35
55263	10:00-11:15am	Th	May 2-30	5c	\$32/\$42

Volunteer Opportunities

Our programs and services would not be possible without your participation. Thank you! Help us to make your City programs even better.

Visit www.VolunteerinCarlsbad.net for current opportunities.

All area codes are 760

Leo Carrillo Ranch Historic Park.....	476-1042
Parks & Recreation.....	434-2826
Special Events Party C.R.E.W.	602-7519
Senior Center	602-4650
Trails.....	434-2978

Senior Classes

Essential Powers of Attorney

Leave this workshop with the following Powers of Attorney in force; if all instructions are followed: Financial Power of Attorney; Healthcare Power of Attorney with End-of-Life provisions (formerly called a 'Living Will'); and a Do Not Resuscitate Order (if desired). Instructor is a bonded Legal Document Assistant and Notary Public. Space is limited. \$35 materials fee (cash) collected at workshop. Workshop fee includes notary charges.

Senior Center: Dance Studio

Instructor: Virginia Rarra

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55248	9:00am-12:00pm	F	May 17	1c	\$45/\$55

Prepare Your Own Will Workshop

Leave with a valid Will; if all instructions are followed. Workshop covers: The difference between a Will and a Trust; making a valid Will; changing a Will; disinherit; guardianships for grandchildren; what happens if you die without a Will and how to avoid probate with a Will. Instructor is a bonded Legal Document Assistant and a Notary Public. \$30 materials fee (cash) collected in workshop.

Senior Center: Dance Studio

Instructor: Virginia Rarra

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55249	9:00am-12:00pm	F	Mar 22	1c	\$45/\$55

Oriental Sumi-e Painting

This unique, ancient art form utilizes specialized painting techniques handed down from one Japanese Master to another through the centuries. Artists use rice paper, sumi-e ink, ink stone and brushes. Sumi-e painting is characterized by the use of fundamental brush strokes based on simple lines and dots. For beginners and experienced; all levels welcome. Materials not included. A short materials list will be supplied at the first class session, or may be picked up in advance. Drop in \$10.

Senior Center: Multi-purpose Room

Instructor: Kiyoko Messenger

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55274	9:30-11:30am	W	Jan 9-Feb 13	6c	\$50/\$60
55275	9:30-11:30am	W	Feb 20-Mar 27	6c	\$50/\$60
55276	9:30-11:30am	W	Apr 3-May 8	6c	\$50/\$60
55277	9:30-11:30am	W	May 15-Jun 19	6c	\$50/\$60

Like us 



cityofcarlsbad

Tai Chi ♥

Beginning

Tai Chi is the classic Chinese exercise for health and relaxation. The gentle movements encourage the body to let go of stress, anxiety and tension. Tai Chi is known for its therapeutic value and regular practice promotes an overall sense of well-being, vitality and emotional calm. Classes focus on balance, flexibility and coordination. Each class includes warm-up and stretching exercises, instructor demonstrations, and repeated practice for linking the movements together in a continuous smooth-flowing form. Drop in \$10.

Senior Center: Dance Studio

Instructor: Yvonne Merson

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55160	2:15-3:15pm	Th	Jan 31-Mar 7	6c	\$48/\$58
55161	2:15-3:15pm	Th	Mar 21-Apr 25	6c	\$48/\$58
55162	2:15-3:15pm	Th	May 9-30	4c	\$32/\$42

Intermediate/Advanced

Students continue refining skills while learning/reviewing the second half of the tai chi form. Following instructor-guided demonstrations, students practice linking the movements together in a continuous smooth-flowing form. Accurate, repeated practice of the form improves balance, proper posture alignment, circulation and promotes flexibility in the joints. Drop in \$10.

Senior Center: Dance Studio

Instructor: Yvonne Merson

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55163	1:00-2:00pm	Th	Jan 31-Mar 7	6c	\$48/\$58
55164	1:00-2:00pm	Th	Mar 21-Apr 25	6c	\$48/\$58
55165	1:00-2:00pm	Th	May 9-30	4c	\$32/\$42

Advanced

In this enjoyable class, advanced students continue refining skills while practicing the smooth-flowing form in unison with other class members. The calming and refreshing effects of tai chi practice usually lasts well after completion of your practice session. Drop in \$10.

Senior Center: Activity Room

Instructor: Yvonne Merson

Age: 50Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
55167	8:15-9:15am	Tu	Jan 29-Mar 5	6c	\$48/\$58
55168	8:15-9:15am	Tu	Mar 19-Apr 23	6c	\$48/\$58
55169	8:15-9:15am	Tu	May 7-28	4c	\$32/\$42

Sign up → 

New classes, events and fun
delivered right to your email
www.carlsbadca.gov/parksandrec



Discover 46 miles
of scenic trails all around
the city you love!



Visit
www.carlsbadca.gov/trails
to download trail
guides and get more
information about
trails and events.

